Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

List of Claims:

1. (currently amended) A fastener system for attaching a chaining to a bicycle crank, comprising:

a nut comprising of an internally threaded cylinder, an external flange on one end of said cylinder, and a torque-transmitting tool interface means formed inside said cylinder;

a bolt that threadedly engages said nut, comprising of an externally threaded shaft, a flange on one end of said shaft, and a torque-transmitting tool interface means formed inside said shaft, the torque-transmitting tool interface extending substantially the length of the bolt;

whereby said bolt and said nut tighten together to clamp a chainring to a bicycle crank support arm.

- 2. (currently amended) The fastener system according to claim 1, wherein said torque-transmitting tool interface means of said nut and said bolt are of equal shape such that the same tool can be used with either said nut or said bolt.
- 3. (currently amended) The fastener system according to claim 1, wherein said torque-transmitting tool interfaces means of said nut and said bolt are of configured to have different diameters sizes such that the torque capacity of said tool interface means is maximized.
- 4. (currently amended) A fastener system for attaching a plurality of chainings to a bicycle crank, comprising:

a nut comprising of an internally threaded cylinder, an external flange on one end of said cylinder, and a torque-transmitting tool interface means formed inside said cylinder;

a bolt that threadedly engages said nut, comprising of an externally threaded shaft, a flange on one end of said shaft, and a torque-transmitting tool interface means formed inside said shaft, the torque-transmitting tool interface extending substantially the length of the bolt;

whereby said bolt and said nut tighten together to clamp a plurality of chainings to a bicycle crank support arm.

- 5. (currently amended) The fastener system according to claim 4, wherein said torque-transmitting tool interface means of said nut and said bolt are of equal shape such that the same tool can be used with either said nut or said bolt.
- 6. (currently amended) The fastener system according to claim 4, wherein said torque-transmitting tool interfaces means of said nut and said bolt are of configured to have different diameters sizes such that the torque capacity of said torque transmitting tool interfaces means is maximized.
 - 7. (currently amended) A bicycle crank assembly comprising:
 - a crank arm:
 - a chainring supporter means attached to said crank arm;
- one or more chainings attached to said chaining supporter means by a nut and bolt system;

said nut comprising of an internally threaded cylinder, an external flange on one end of said cylinder, and a <u>torque-transmitting</u> tool interface means formed inside said cylinder;

said bolt comprising of an externally threaded shaft that threadedly engages with said nut, a flange on one end of said shaft, and a torque-transmitting tool interface means formed inside said shaft, the torque transmitting tool interface extending substantially the length of the bolt;

whereby said nut and said bolt tighten together and fixedly clamp said chainings to said chaining supporter means.

- 8. (currently amended) The bicycle crank assembly according to claim 7, wherein said torque-transmitting tool interface means of said nut and said bolt are of equal shape such that the same tool can be used with either said nut or said bolt.
- 9. (currently amended) The bicycle crank assembly according to claim 7, wherein said torque-transmitting tool interfaces means of said nut and said bolt are of configured to have different diameters sizes such that the torque capacity of said torque transmitting tool interfaces means is maximized.
- 10. (currently amended) The bicycle crank assembly according to claim 7, wherein said torque-transmitting tool interface means of said bolt faces to the outside of said crank assembly.
- 11. (currently amended) The bicycle crank assembly according to claim 7, wherein said torque-transmitting tool interface means of said nut faces to the outside of said crank assembly.
 - 12. (currently amended) A bicycle with a crank assembly comprising: a crank arm;
 - a chainring supporter means attached to said crank arm;
- one or more chainrings attached to said chainring supporter means by a nut and bolt system;

said nut comprising of an internally threaded cylinder, an external flange on one end of said cylinder, and a torque-transmitting tool interface means formed inside said cylinder;

said bolt comprising of an externally threaded shaft that threadedly engages with said nut, a flange on one end of said shaft, and a torque-transmitting tool interface means

formed inside said shaft, the torque-transmitting tool interface extending substantially the length of the bolt;

whereby said nut and said bolt tighten together and fixedly clamp said chainrings to said chainring supporter means.

- 13. (new) The fastener system according to claim 1, wherein the torquetransmitting tool interface of the bolt is a through hole extending through the shaft of the bolt.
- 14. (new) The fastener system according to claim 4, wherein the torquetransmitting tool interface of the bolt is a through hole extending through the shaft of the bolt.
- 15. (new) The fastener system according to claim 7 wherein the torquetransmitting tool interface of the bolt is a through hole extending through the shaft of the bolt.
- 16. (new) The fastener system according to claim 1 wherein said torquetransmitting tool interfaces of said nut and said bolt are configured to have different depths.
- 17. (new) The fastener system according to claim 4 wherein said torquetransmitting tool interfaces of said nut and said bolt are configured to have different depths.
- 18. (new) The fastener system according to claim 7 wherein said torquetransmitting tool interfaces of said nut and said bolt are configured to have different depths.